



TAI CHI & QIGONG

Shibashi Workshop

16th & 17th September 2023

Presented by Senior Master Rod Ferguson

AATC National Chief Instructor

Learn balance, co-ordination, gentle stretching,

exercise major joints, tendons and muscles,

massage the internal organs,

calm the mind and reduce stress.

Stimulate the energetic meridian system and

strengthen the Qi.

Saturday 16th September

10 am to 11am: Shibashi X

11am to 11.15am Break (Tea and Coffee provided)

11.15am to 12.30pm: Shibashi X

LUNCH BREAK 12.30PM TO 1.30PM

(Please bring your lunch)

1.30pm to 2.30pm: Shibashi X

2.30pm to 2.45pm Break (Tea and Coffee provided)

2.45pm to 4pm: Shibashi X

Location: Hervey Bay Senior Citizens Hall,

Corner Totness Street and Denmans Camp Road, Scarness

Cost: \$88.00 Full Day (\$83 if paid by 2nd September)

\$44.00 Morning Session (\$40.00 prepaid)

\$44.00 Afternoon Session (\$40.00 prepaid)

Sunday 17th September

9.30am to 11.00am: Tai Chi & Qigong Park Practice. Cost \$10.00

Location: Hervey Bay Botanical Gardens, Elizabeth drive, Urangan

Meet at Chinese Pagoda area.

To book your place, please contact your local instructor Margaret

Mobile: 0408 705 140 or Email: marg@margrichters.com